



Dear _____,

Today you talked in your class about kids who wrote to you about their life. Well, I thought you would be a good person to talk to because I have a lot of stuff going on and I don't know what to do!

I am pretty bummed and scared. My life is hard for me to handle, and I cry a lot over little things. I feel out of control.

I am traveling down a road that doesn't lead me anywhere, and I feel I have no one who cares for me. School is hard for me. I am not very good at it, and it bores me sometimes (not your class, of course).

At home, it's not much better. My dad drinks a lot and yells at me. It is hard not to listen because he shouts pretty loud. He is constantly telling me all the things that I am doing wrong. Even though he is not telling the truth, I am starting to believe him when he tells me that I am nothing and stupid. My mom does nothing. I think she feels trapped too.

I thought that if I didn't eat and lost a lot of weight, maybe my dad would think I was worthwhile and pretty. Maybe he would notice me. Well, I got pretty sick and my friends worried about me because I would go for days without eating anything. I even scared myself when I passed out in school.

What scares me the most are the choices that I have made about my own drug use. I find myself hanging out with the smokers and going to parties on weekends. I am becoming my father and that makes me mad!! I am becoming exactly what I hate!!

I am losing myself. I am allowing my boyfriend to decide what I wear and do. I feel out of control!!

HELP! I sometimes think the world would be a better place without me! I really need to talk to someone. Do you have the time?

THANKS,
Sarah (14 year old in your 4th-hour health class)

PS I have a little brother.



Low Self-Esteem

Academic Failure

Child of an Alcoholic

Verbal Abuse

Eating Disorder



Tobacco Use

Alcohol Use

Unhealthy Relationships

Suicide/Depression

Other



STRESSOR	MANAGEMENT/ RECOMMENDATION
Low Self-Esteem	
Academic Failure	
Child of an Alcoholic	
Verbal Abuse	
Eating Disorder	
Tobacco Use	
Alcohol Use	
Unhealthy Relationships	
Suicide/Depression	
Other...	